#### **EDUCATION HIGHLIGHTS**

by: Diane M. Hearn Education Administrator

#### G.E.D. Program:

We are so proud of our G.E.D program taught by Ms. Yvonne Cormier at the Chitimacha Tribal School on Monday - Wednesday from 6:00 p.m. - 8:00 p.m. Our students are experiencing many positive results. Presently, we have five (5) students who have taken the G.E.D. test and passed it with very high scores! We are waiting eagerly to hear the results of our sixth student who took the test recently and feel that it should also reflect another passing score. Two more students are scheduled to take the And on, and on, and test soon. on.....

Please encourage anyone you know who is enrolled in the G.E. D. program here on the reservation to go to classes and to finish. tremendous step toward a better future is possible by enrolling, going eventually to classes. and taking.....and passing..... the G.E.D. test!! For those who have done SO. great BIG CONGRATULATIONS is due to you. Graduation ceremonies are planned for May 21, 1996, in conjunction with graduates of the St. Mary Parish G.E.D Program. We are planning to honor our own graduates there, and perhaps here on the Reservation also with celebration in their honor. More about our celebration date and time will be announced as plans are finalized. Many thanks to the Tribal Council for their total support of this important educational program, and to the dedication and hard work of the teacher, her helper, and the students!

#### Adult Seminars/Media Center:

There have been some inquiries lately regarding computer literacy classes for adults. We are looking at the possibility of offering a seminar here on the Reservation in our new Media Center at the school. Mrs. Dorothy Thompson is the new Media Specialist and is in the process of acquiring computers and other media equipment, hardware and software, as well as adult-level career and literacy programs/training and information of interest to the adults in the community. Let her know if you have particular interests and if possible, we will work to make information available in those As all these items become available, we plan to make it known to you for your use through the Newsletter and other means of circulating the information, such as posting flyers around the community. Keep in mind that the Media Center is a community media Media center. and that the Specialist's hours include being open on Saturdays from 10 a.m to 1 p.m. Go in and talk with Mrs. Thompson. Let her know of your interests!

#### Scholarship Program:

Scholarship awards went out to recipients recently. We presently have 43 students participating in the Tribal Scholarship Program. This is a major endeavor with the Tribe investing in the education of each participant to enable more and more Chitimacha people to attain higher education. The Scholarship Committee and the Continuing Education Coordinator, Mrs. Ardith Soprano, are very committed toward making every effort to ensure not compliance only with the requirements set forth in the Scholarship guidelines, but also in

providing appropriate funding to qualified applicants. Please follow guidelines for each funding cycle, such as providing required information in a manner. enable to committee to approve applications without unnecessary delay. opportunity to obtain this funding in order to obtain higher education is worth the compliance efforts. Many thanks to all those who submitted their applications. Please inform us if you have suggestions for program improvement. Your suggestions will be appreciated and considered when the Scholarship Committee works on recommendations for possible policy changes/program improvement.

Thought for today....Remember, life's best lessons are often camouflaged as wrong turns and missed possibilities.

#### Special Notice to AOA Members!!!

#### Senior Citizen Festival

Finally, the Senior Citizen Festival you all have been waiting for has arrived. There will be a Senior Citizen Festival this year. Anyone who is interested in playing horseshoes must sign up in advance with either Vickie Martin or Mary Butaud.

Date of Event: March 14, 1996 Place of Event: Baton Rouge

Please make plans to attend this most prestigeous event. The group will be traveling on the Chtimacha Tribal School bus. Also, we would like to know in advance who will be planning on attending this event.

under some circumstances. The clinical significance of this finding is uncertain, since other studies have questioned such interaction at higher doses of alcohol.

Cardiovasuclar medication: This class of drugs includes a wide variety of medications prescribed to treat ailments of the heart and circulatory system. Acute alcohol consumption interacts with some of these drugs to cause dizziness or fainting upon standing up. These drugs include nitroglycerin, used to angina, and reserpine, methyldopa (Aldomet), hydralazine (Apresoline and others), guanethidine (Ismelin and others), used to treat high blood pressure. alcohol consumption Chronic availability the decreases propranolol (Inderal), used to treat high blood pressure, potentially reducing its therapeutic effect.

Narcotic pain relievers: These drugs are prescribed for moderate to They include the severe pain. morphine, opiates codeine, propoxyphene (Darvon), and meperidine (Demerol). The combination of opiates and alcohol enhances the sedative effect of both substances, increasing the risk of death from overdose. A single dose of alcohol can increase the availability of propoxyphene, potentially increasing its sedative side effects.

Chronic alcohol ingestion activates enzymes that transform acetaminophen (Tylenol and others) into chemical that can cause liver damage, even when actaminophen is used in standard therpeutic amounts. These effects may occur with as little as 2.6 grams of acetaminophen in persons consuming widely varying amounts of alcohol.

Sedatives and hypnotics ("sleeping pills"): Benzodiazepines such as diazepam (Valium) are generally prescribed to treat anxiety and insomnia. Because of their greater safety margin, they have largely replaced the barbiturates, now used mostly in the emergency treatment of convulsions.

Doses of benzodiazepines that are excessively sedating may cause severe drowsiness in the presence of alcohol, increasing the risk of household and automotive accidents. This may be especially true in older people, who demonstrate increased response to these drugs. Low doses of flurazepam (Dalmane) interact with low doses of alcohol to impair driving ability, even when alcohol is ingested the morning after taking Dalmane. Since alcoholics often suffer from anxiety and insomnia, and since many of them take morning drinks, this interaction may be dangerous.

The benzodiazepine lorazepam (Ativan) is being increasingly used for its antianxiety and sedative effects. The combination of alcohol and lorazepam may result in depressed heart and breathing functions; therefore, lorazepam should not be administered to intoxicated patients.

Acute alcohol consumption increases the availability of prolonging barbiturates, their sedative effect. Chronic alcohol consumption decreases barbiturate availability through enzyme activation. In addition, acute or alcohol consumption chronic enhances the sedative effect of barbiturates at their site of action in the brain, sometimes leading to coma or fatal respiratory depression.



#### **School News**

Honor Roll (Second Nine Weeks)

First Grade - Adriana Bernard, Shannon Cook, Blaise Darden, Matthew Darden, Kaston Fluke.

Second Grade - Erin Compton, Arielle Darden, Megan Persilver, Schuyler Vilcan.

Third Grade - Jase Darden, Ben Darden, Kristi Fontenot.

Fourth Grade - Nicholas Persilver, Robert Brown, Grant LaGarde.

Fifth Grade - Tasia Bernard, Toni Darden.

Sixth Grade - Lacey Fontenot, Joshua Vilcan.

Seventh Grade - Amy Darden, Jarrod Deslatte.

**Eighth Grade -** Justin Magee, Natalie Vilcan.



## February 1996 CHITIMACHA A.O.A. CALENDAR



						الرسي المساورة المساو
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY  1 11:30am HAMBURGER PATTIES,PARSLEY	PRIDAY  2 11:30am TUNA SALAD SANDWICHES,CHIPS,	SATURDAY 3
				POTATOES,STEAMED 12:30pm BINGO BROCCOLI,JELLO	COOKIES  HAPPY BIRTHDAY! LYDIA DARDEN	
4	5 11:30am BAKED CHICKEN,BLACK EYED PEAS,RICE, GREEN SALAD CHOCOLATE PUDDING	11:30am SHAKE & BAKE PORK CHOPS, CREAMED POTATOES, 12:30pm BINGO CREAMED CORN,GREEN SALAD,CUP CAKES	8:00am BREAKFAST 11:30am SMOTHERED STEAK,RICE,LIMA BEANS,PEAR SALAD, VANILLA 12:30pm BINGO PUDDING	8 11:30am GROUND MEAT & TOMATO SAUCE, RICE, WHITE BEANS, 12:30pm BINGO GREEN SALAD, JELLO	9 11:30am CHICKEN SALAD SANDWICHES, CHIPS,FRUIT,COLD DRINKS	HAPPY BIRTHDAY! PAPA LOU
11	12 11:30am ZIPPY BEEF CASSEROLE, GREEN SALAD, BANANA PUDDING	11:30am MEATLOAF, CREAMED POTATOES,SWEET PEAS,CAKE	8:00am BREAKFAST 11:30am BAKED CHICKEN,LIMA BEANS,RICE,GREEN SALAD,JELLO 12:30pm BINGO	15 11:30am BEEF STEW, RICE,CORN,GREEN SALAD,CHOCOLATE PUDDING 12:30pm BINGO HAPPY BIRTHDAY! ESTHER VILCAN	16 11:30am HOT DOGS, CHIPS,FRUIT	17 HAPPY BIRTHDAY! HOWARD MORA
18	19 11:30am SAUSAGE, SMOTHERED POTATOES,SWEET PEAS,ROLLS HAPPY BIRTHDAY! PETER MORA, JR. CUP CAKES	20 11:30am ROAST W/ GRAVY,RICE,GREEN BEANS,POTATO SALAD 12:30pm BINGO	8:00am BREAKFAST 9:00am A.O.A. FIELD TRIP TO LAFAYETTE 12:30pm BINGO	22 11:30am BAKED HAM, RICE DRESSING, GREEN BEANS,ROLLS, CAKE 12:30pm BINGO 12:30pm BIRTHDAY PARTY & REG. BINGO	23 11:30am HAM PO-BOYS, CHIPS,ASPARAGUS	24
25	26 11:30am SMOTHERED STEAK, FIELD PEAS, RICE, LETTUCE 11:30am LETTUCE & EGG SALAD, PEARS HAPPY BIRTHDAY! NICK STOUFF	27 11:30am BAKED CHICKEN,CREAMED POTATOES,SWEET PEAS,VANILLA 12:30pm BINGO PUDDING	8:00am BREAKFAST  11:30am SAUSAGE JAMBALAYA, CORN, GREEN SALAD, JELLO  12:30pm BINGO	29 11:30am CHICKEN & SAUSAGE GUMBO, RICE,POTATO SALAD, FRUIT 12:30pm BINGO COCKTAIL		

#### ALCOHOL INTERACTION WITH SPECIFIC DRUGS







Anesthetics: Administered prior to a patient surgery to render unconscious and insensitive of pain. alcohol consumption Chronic increases the dose of propofol (Diprivan) required to induce loss of consciousness. Chronic alcohol consumption increases the risk of liver damage that may be caused by the anesthetic gases enflurane and halothane (Ethrane) (Fluothane).

Antibiotics: Used to treat infectious diseases. In combination with acute alcohol consumption, some antibiotics may cause nausea, vomiting, headache, and possibly convulsions. It also reduces the effectiveness of the medication.

Antidepressants: Alcoholism and depression are frequently associated, leading to a high potential for alcohol-antidepressant interactions. Alcohol increases the sedative effect of tricyclic antidepressants such as amitriptyline (Elavil and others), impairing mental skills required for driving. Acute alcohol consumption increases the availability of some tricyclics, potentially increasing their sedative effects; chronic alcohol consumption appears to increase the availability of some tricyclics and to

decrease the availability of others. These chronic effects persist in recovering alcoholics. A chemical called tyramine, found in some beers and wine, interacts with some antidepressants. such as monoamine oxidase inhibitors, to produce a dangerous rise in blood pressure. As little as one standard drink may create a risk that this interaction will occur.

Antidiabetic medications: Oral hypoglycemic drugs are prescribed to help lower blood sugar levels in some patients with diabetes. Acute alcohol consumption prolongs, and consumption chronic alcohol decreases. the availability tolbutamide (Orinase). Alcohol also interacts with some drugs of this class to produce symptoms of nausea and headache such as those described for metonidazole (see "Antibiotics").

Antihistamines: Drugs such as diphenhydramine (Benadryl and others) are available without prescription to treat allergic symptoms and insomnia. Alcohol may intensify the sedation caused by some antihistamines. These drugs may cause excessive dizziness and

sedation in older persons; the effects of combining alcohol and antihistamines may therefore be especially significant in this population.

Antipsychotic medications: Drugs such as cholorpromazine (Thorazine) are used to diminish psychotic symptoms such as delusions and hallucinations. Acute alcohol consumption increases the sedative effect of these drugs, resulting in impaired coordination and potentially fatal breathing difficulties. The combination of chronic alcohol ingestion and antipsychotic drugs may result in liver damage.

Antiseizure medication: These drugs are prescribed mainly to treat epilepsy. Acute alcohol consumption increases the availability of phenytoin (Dilantin) and the risk of drug-related side effects. Chronic drinking may decrease phenytoin availability, significantly reducing the patient's protection against epileptic seizures, even during a period of abstinence.

Antiulcer medications: The commonly prescribed antiulcer medication cimetidine (Tagamet) and ranitidine (Zantac) increase the availability of a low dose of alcohol

#### **Health Department News**

#### Contract Medical Care Appointments

If require vou medical transportation to appointments, please notify the Health Department of the advance appointment in Appointments should made no later than 3:00 p.m. for longer distances. transportation will available on Fridays, so, DO NOT schedule appointments for Fridays.

#### **Personal Insurance**

Clients with personal insurance must keep the Health Department informed of changes in insurance coverage. Remember to bring your insurance explanation of benefits to the CMC office. We need a copy to determine the balance owed on your medical bills.

#### Medical Bills/Statements

Some medical bills are not sent to the Health Department by the provider. They are billed directly to your residence. It is your responsibility to bring those bills the Health to Department. For example, when you have an x-ray done at the hospital, you will receive another bill for the radiology fees. You must bring those in as soon as you receive them.

#### **Medicaid Clients**

The Health Department requires a copy of your Medicaid card each month. Bring in any correspondence you receive from the Office of Family Support concerning your Medicaid case. We need a copy of that also.

#### Notification

You must notify the Health Department office of all visits to a physician, hospital, dentist or other provider. Report visits to the Health Department at 923-9955 between 7:30 a.m. and 5 p.m. on Monday thru Thursday and 7:30 a.m. thru 11:30 a.m. on Friday. Ask for Madeline or Mildred.

Non-Emergency Care: you are required to pick up a form at the Health Department to bring with you to the doctor, hospital or other.

#### **Emergency Care**

If you have an emergency on the weekend or when the Health Department office is closed, you are required to notify the Health Department within 72 hours. Additional time is allowed if office is closed because of a holiday. In that case, you must call the earliest working day. Emergency visits must be reported to the Health Department office during regular working hours.

#### **Insurance Claim Filing**

The Health Dept. will be filing claims to your insurance company for pharmacy charges on a quarterly basis. Please bring any checks and correspondence from your insurance company to the CMC Office. The checks are a reimbursement to the Health for charges Program previously paid by program and will be put back into the program.

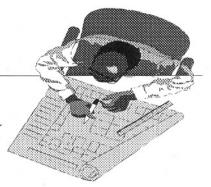
#### REMINDER

There is a clinic every Wednesday morning at the Health Dept. starting at 7:30 to check blood pressure, blood sugar and weight. Everyone is welcome to attend.



# Chitimacha Development Corporation

## PLANNING



You might have noticed the Public Works Department painting white and black "V"s, and Manhole covers throughout the Reservation. The purpose of this project is so that an aircraft can identify the subsurface infrastructure network throughout the reservation. On Saturday, 20 January 1996, the Reservation and newly acquired areas were flown for this purpose. A total of 19 photographs were taken and it will take approximately 4 months to complete the digitization of the Chitimacha Land Base. Digitizing is a process by where photography analyst will digitally trace all major and minor terrain features into a Computer Aided Design (CAD) / Geographical Information System (GIS) program. This will provide the Tribe with a "State of the Art", database that will benefit Tribal Master Planning, Police and Fire protection, Public Works and many other Tribal services. If you are interested in this process or would like some additional information, please contact Brian Headley at (318) 923-7215, extension 3015.

## **Human Services Department By: Lois Rider**

The Human Services Department has received several reports of young people on the Reservation sniffing gasoline. This is a major concern of this department as it is a very dangerous and life threatening activity. Many products are sniffed or inhaled but gasoline is the most common. I would like to inform the parents of this danger and to make them aware of what is going on.

Inhalant use is extremely dangerous as the inhaled substance goes immediately to the brain and damage is done to the brain. Each time a person inhales a substance brain cells are permanently destroyed. Since there is no way of measuring the amount of substance being inhaled by a person, it is the most dangerous means of getting high.

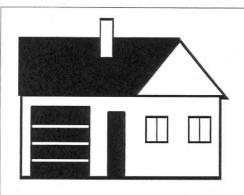
Symptoms of inhalant abuse include: smell of inhaled substance on person and the clothes, appears drunk, drop in school grades, looking unkempt and

dirty. If sniffing has been going on for some time, there may be physical symptoms such as: a rash around the nose and mouth, nausea, headaches, slurred speech, nosebleeds, and loss of weight.

Damage done by inhalants: Brain damage, destroys nerve cells, damages the liver and the kidneys, damages the throat, nasal passage ways, and lungs, damages the teeth and gums, causes psychological problems, loss of appetite, tiredness, nausea, and nosebleeds. After prolonged sniffing a person appears retarded and cannot carry on a conversation because of brain damage.

One of the immediate dangers of sniffing gasoline is the fact that if there is any type fire around the person could get set on fire. Also there are cases where children have died from inhaling substances that have caused them to go into cardiac arrest.

If you suspect your child or someone you know is sniffing any chemical, try to get them to get help for the problem. They can contact this department and we can refer them to counseling or a medical doctor, if necessary. Above all, be aware of what you child or children are doing. Be a part of their lives.



HOUSING NEWS: By: Marilyn Burgess

#### JUST A REMINDER!

To all Mutual Help Participants. I will be out of the office from Monday, February 5 through Friday, February 9 to attend a housing conference. If you plan to pay your rent during that week, please go by the Multi-Purpose Center and pay Earlene. She will issue you a receipt on our old forms. When I return I will input everything into the computer and reissue your receipt. Remember, that the 10th of the month falls on a Saturday, so please make every effort to pay before that time. I would like to thank Earlene for her help in receiving payments.

We have closed out our last phase of houses with HUD. The last participant is about ready for move-in. Now, all we have to do is wait for more funding from HUD so that we can help the people on our waiting list to obtain a new house. Keep your fingers crossed that monies will become available in the near future.

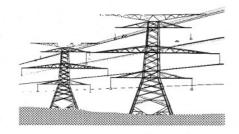
We are still having a little trouble with late payments. I cannot express enough how important it is that you pay your rent on time. These late payments may affect our future funding.

### HOUSING IMPROVEMENT PROGRAM

At this time, we are beginning

plans to begin our HIP '95 project. We have two applicants who qualify to receive services. Work will begin when all plans are complete and all paperwork is signed. I would like to remind everyone that you can come by the Housing Office and pick up an application to see if you qualify for HIP monies.

If you should have any questions concerning housing, please feel free to call me at 923-9125 or come by the office and I will answer what I can. If I do not know the answer, I will make every effort to get an answer for you.



## PUBLIC WORKS DEPARTMENT Pur Tony Dondon D.P.W.

By: Tony Darden, D.P.W.

Our department has a new employee. I would like to welcome Gerald Ecuer as our new groundskeeper. At this time, I would like to thank all my employees for a job well done.

#### 911 Number

It is very important that all homes have their street addresses displayed. These numbers are used by many different services including fire, police, ambulance and utility companies. Posting these numbers could speed services to your location in the event of urgent need. If anyone does not know their physical street address, please contact me for it.

#### Sewer

First of all I would like to thank everyone for cooperating when we did the smoke testing on the sewer lines. At this time we are waiting to hear from the contractor for his findings. I will let you know the results as soon as we get them.

#### Park

As some of you might have noticed we have torn down the old restrooms which were in dire need of repair. We are now in the process of building new ones and at this time we will make them handicap accessible.

#### Reminder

If you have any waste oil to dispose of, <u>Please</u> bring it by the shop when Patrick is there and he will assist you with it.

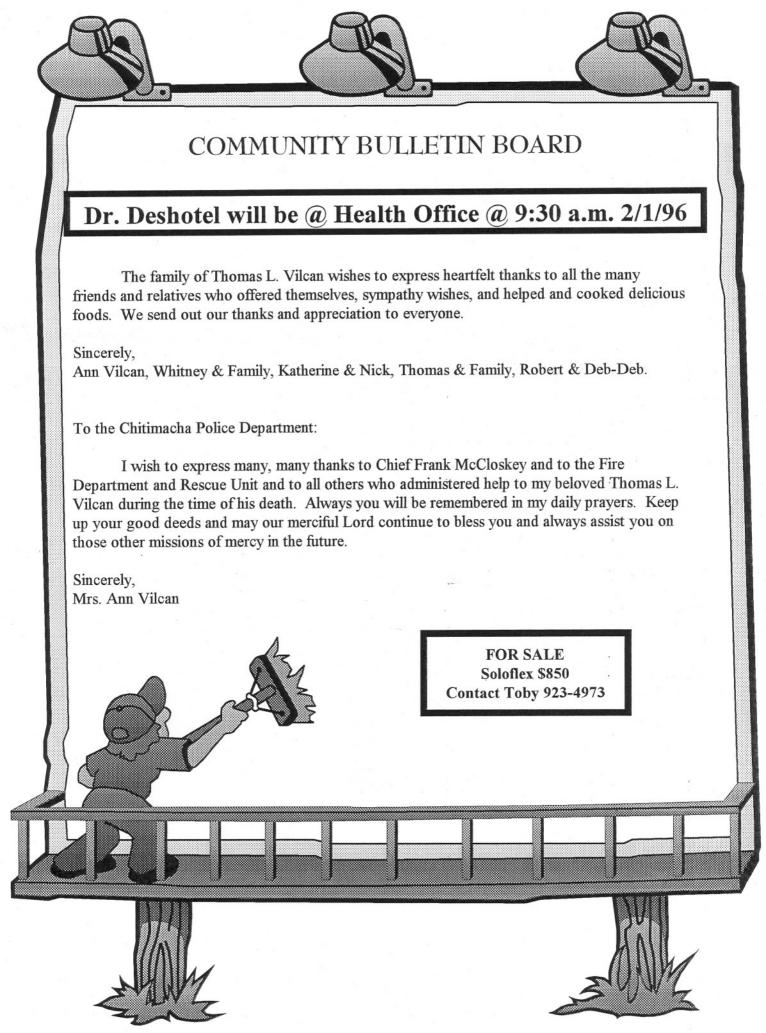
Next week, I will be out of the office, I will be attending the USET meetings. If you should need, please call at the Multi-Purpose Center at 923-4973 and Debbie will get in touch with my staff.

I would also like to remind everyone the areas that the Public Works Department is in charge of:

- (1) Facilities Maintenance Tribal buildings, maintenance and upkeep, park and grounds maintenance, Tribal equipment maintenance.
- (2) Land Management Development, Lot Use Agreements, Lot Leasing, Care and Upkeep, Surveying and Mapping.
- (3) Roads Roadside Maintenance, Drainage and Development.
- (4) Sewer Operations Collection lines, Plant Operation and Maintenance, Permit & Discharge compliance, New Construction.
- (5) Utility Service Gas, water, electricity, phone lines, right-of-ways.

#### PUBLIC WORKS DEPARTMENT

You can reach our department at 923-9125 or in case of an emergency after hours, please call 828-6708.



#### "Kops Korner"



News from the Chitimacha Police Department By: Ellen Hebert

#### **JANUARY 1996**

To date, for the month of January, 1996, two traffic citations were issued and six arrests were logged. Three arrests for theft and simple criminal damage to property and one arrest for receiving stolen property, resulted from the investigation into the break in of a vehicle and theft of CD player at the Cypress Bayou Casino. Of the two remaining subject was arrests. one arrested for disturbing the peace intoxicated and another subject was arrested for simple criminal damage to property, two counts of simple battery, resisting officer and an disturbing the peace intoxicated.

Our thanks to Deputy Joe Clements and K-9 Omar,

Deputy T.J. Carinhas and K-9 Iwan, all of the St. Mary Parish Sheriff's Office, and Walter Scott and K-9 Pando. These gentlemen, along with their K-9 partners, came to the Chitimacha ball park Saturday, January 20, and gave a demonstration for Junior Police members and parents. They demonstrated how their dogs respond to different commands on attacking and helping to apprehend criminals, and also how, through smell, they can find drugs hidden in vehicles. The demonstration was very impressive and we appreciate the time that was taken for these gentlemen and their K-9 partners to be part of our Junior Police Program.

Congratulations to Lacey Fontenot, Joshua Vilcan, Jena Marcotte, Derek Sisk and Toups, (all Elizabeth Chitimacha Junior Police Members), on your D.A.R.E. graduation on Friday, January 12, 1996. You are now leaders in the fight against drugs and your peers and members of the community can be very proud of you, as we at the Chitimacha Police Department are.

We would like to remind all children that received bicycles for Christmas, to bring them by the police department and have an officer register and take a photo of them. Also, included with this month's newsletter, is a pamphlet listing some steps you can take to help prevent bicycle theft and also some tips on bicycle safety.

Due to the increased activity of ATV's (3 and 4 wheelers, dirt bikes, etc.) on the reservation, the police department is planning to host a class, for children and parents to attend, on ATV safety and the tribal laws that pertain to the use of these vehicles on roadways. Our goal is to have everyone enjoy their ATV's, but to do it in a safe manner, while obeying the laws of the road. More information on when and where the class will take place will be distributed at a later date.

On January 10, 1996, Dispatcher Beth Boudreaux celebrated her birthday. Best wishes went out to her from everyone at the department.



WE WISH EVERYONE A SAFE AND HAPPY MARDI GRAS HOLIDAY!



- ▶ In 1994, 802 bicyclists were killed in traffic crashes. Bicyclist deaths accounted for two percent of all traffic fatalities during the year.
- ▶ Bicycle fatalities occurred more frequently in urban areas (60 percent), at nonintersection locations (70 percent), between the hours of 4:00 PM and 8:00 PM (35 percent), and during the summer months of July, August, and September (38 percent).
- ▶ More than one-third of the bicyclists killed in traffic crashes in 1994 were between five and 15 years old.
- ▶ The bicycle fatality rate was seven times as high for males as for females.
- Between 70 and 80 percent of fatal bicycle crashes involve head injuries.
- ▶ Bicycle helmets are 85 to 88 percent effective in reducing total head and brain injuries.
- Helmet usage is very low; probably between 10 and 15 percent nationally.
- ▶ As of Júly 1995, 13 states and over 20 jurisdictions have age-specific bicycle helmet laws.

#### To prevent childhood injuries and fatalities while riding a bicycle, children should:

- Select a properly fitted helmet and wear it every ride.
- Wear bright colored clothing for higher visibility.
- ▶ Walk bikes to the street before getting on them.





